



"I get  
altitude  
sickness."

ENERGY

REQUIREMENTS

ALTITUDE













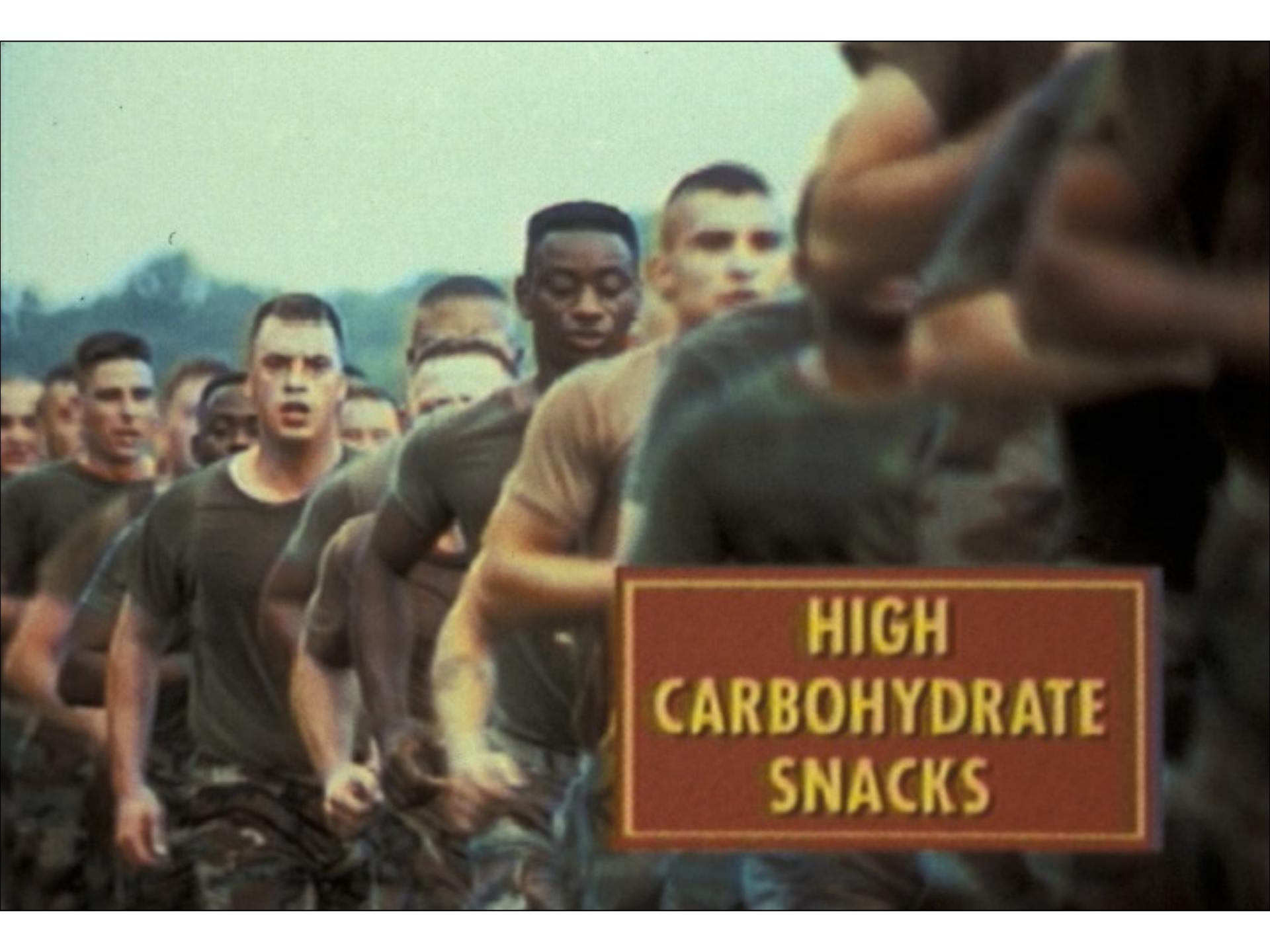
EAT ENOUGH

A close-up, slightly blurred photograph of a person's hand holding a can of Coca-Cola. The can is dark with a red and white label. In the bottom right corner of the image, there is a green rectangular overlay with a thin yellow border. Inside the box, the words "EAT REGULARLY" are printed in a bold, yellow, blocky font.

EAT REGULARLY



MAINTAIN  
PERFORMANCE  
DIET

A group of soldiers in camouflage uniforms are running in formation, suggesting a military or physical training context.

**HIGH  
CARBOHYDRATE  
SNACKS**

A photograph of two men in profile, facing right. The man on the left is wearing a dark t-shirt and has a shaved head. A pink rectangular sign with a black border is held above his head, displaying the text 'DRINK WATER' in blue capital letters. The man on the right is also wearing a dark t-shirt and has a shaved head. He is looking slightly to the right. The background is a dark, out-of-focus outdoor setting.

DRINK  
WATER





**EXTREME  
CONDITIONS**

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